

5 Ways to Prevent Heart Disease and Stroke

By American Heart Association News

Nutrition

Exercise

Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.

Tobacco

At each health care visit, providers should ask whether patients have smoked any tobacco product in the previous month – and if so, help them create a plan to quit.

Social Determinants

Doctors should look at health from a patient's perspective, taking into account elements such as housing, food security, transportation, self-image and culture.

Aspirin

Because of the risks of bleeding, doctors shouldn't prescribe aspirin for prevention, except in carefully selected patients.

Source: American Heart Association/American College of Cardiology prevention guidelines

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